



## Student Self-Assessment: Late Adolescence

*Download and adapt this self-assessment as appropriate to students ages 15 and up in your program. Administer it at the beginning and end of the program year, and talk with students about their growth. This can be a valuable data collection tool for your program — and a way for students to reflect on their own growth and personal goals.*

### Tell Us About Your Strengths, Needs and Goals

**Purpose:** Sometimes nature has its own ideas about how we grow and develop. It's smart to be patient. To promote your health, wellness and long-term success, it's also smart to reflect and plan, and to make the most of supportive environments like the one our program offers. This self-assessment will help you do all of that!

**Directions:** Read each question and write your response. For each area of growth, (physical, social-emotional, and cognitive), you'll consider your personal goals. You'll also write ideas about ways to advocate for yourself, whether it's here in our program or elsewhere. Get support for your healthy growth, and make your dreams come true!

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Name: \_\_\_\_\_

Age: \_\_\_\_\_ years and \_\_\_\_\_ months

### My Physical Growth

Rate each statement, using this scale:

1	2	3	4	5
Strongly disagree	Somewhat disagree	Not sure	Somewhat agree	Strongly agree
1. I feel physically strong — maybe even as strong or stronger than my adult family members.				_____
2. I don't expect to change much more physically except to maybe get a little taller.				_____
3. I feel confident about my improvement in my favorite sport or activity.				_____
4. To look at me, most people would probably guess my age pretty accurately.				_____
5. I find I'm as capable in a lot of physical skills as the adults I know.				_____



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Between 15 and 18, some *physical milestones* you might reach include achieving full sexual maturity, increasing physical strength, and better control of large and small muscles (gross and fine motor skills) when doing activities like sports, the arts and music. Most girls (but not all boys) achieve their full adult height.

My strengths in this area are:

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I'd like to have an opportunity to grow in this area. Here's how the program can help:

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In this area, I've received supports like:

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Something I'd like you to know about my family or community that plays a role is:

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### My Social and Emotional Growth

Rate each statement, using this scale:

1	2	3	4	5
Strongly disagree	Somewhat disagree	Not sure	Somewhat agree	Strongly agree
1. I've thought a lot about dating, or I've started dating.				_____
2. I thought I'd be excited to soon be on my own, but as it gets closer, I get more nervous about it.				_____
3. I have a lot more awareness of the ways I'm different from the rest of my family.				_____
4. I have a lot of friends in a lot of different circles.				_____
5. Even though I have a lot of friends, there's a lot I keep to myself or only talk about with one or two people.				_____



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Between 15 and 18, some *social-emotional milestones* you might reach include an interest in dating, mixed feelings about impending independence, conflicting feelings of family identity versus personal identity, and having many friends but few confidants.

My strengths in this area are:

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I'd like to have an opportunity to grow in this area. Here's how the program can help:

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In this area, I've received supports like:

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Something I'd like you to know about my family or community that plays a role is:

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### My Cognitive Growth

Rate each statement, using this scale:

1	2	3	4	5	
Strongly disagree	Somewhat disagree	Not sure	Somewhat agree	Strongly agree	
1. I've started making connections between different subjects in school, and I see how one subject impacts others (like science and history).					_____
2. I understand what teachers are talking about when they discuss symbolism, and I've begun to notice it myself outside of school.					_____
3. I give a lot of thought to how my strengths and interests in school will play a role in my future career.					_____
4. I'm starting to understand ideas like fairness, dignity and equality, and what they mean in everyday life.					_____



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5. I'm realizing how much impact different political, economic, and social \_\_\_\_\_ systems can have on individuals.

**Between 15 and 18, some *cognitive milestones* you might reach include having sophisticated and abstract thoughts (like appreciating the relationship between math and physics or finding symbolism in art, music and literature), integrating knowledge gained through education to make decisions about your future, developing a strong and more insightful sense of justice on many different levels (from classroom to global dynamics).**

My strengths in this area are:

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I'd like to have an opportunity to grow in this area. Here's how the program can help:

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In this area, I've received supports like:

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Something I'd like you to know about my family or community that plays a role is:

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